

LESSON 2: READY, GO... CROSSING THE FINISH LINE — YEAR 2

INTRODUCTION

It's time for the challenge! Did you meet or exceed the 85th percentile standards for your age and gender when you took the challenge in Year 1? If so, try to achieve or exceed them again this time. If not, here is a chance to improve. As in Year 1, Cadet Challenge consists of five exercises taken from the Presidential Physical Fitness Award program. Read the descriptions of the exercises in Lesson 1 to refresh your memory on how to perform them. Then, for each exercise, determine what standard to shoot for based on your age and gender. To qualify for the Presidential Physical Fitness Award, you must achieve a standard of 85 percent or higher. To qualify for the National Physical Fitness Award (NPFA), you must achieve a standard between 50 and 84 percent.

- Cadets that score in the 85th percentile or above are eligible to receive the Presidential Physical Fitness Award that consists of a Presidential certificate of achievement and a blue emblem.

- Cadets that score in the 50th to 84th percentile are eligible to receive the National Physical Fitness Award that consists of either a National certificate of achievement, a red emblem, or both. Those cadets who achieve Cadet Command's standards in Cadet Challenge are eligible to receive the ROTC Athletic Ribbon.
- Cadets who attempt all five exercises but score below the 50th percentile on one or more of them are eligible to receive either a Participant certificate of achievement, a white emblem, or both.

CONCLUSION

The exercises in the Cadet Challenge test your endurance and physical strength. Aim to improve on the scores you achieved in Year 1. Establish and maintain a routine exercise program to help your scores improve. If you give the challenge your all and perform to the best of your abilities, you will:

- improve your personal confidence level
- develop athletic motor skills
- begin a pattern for physical fitness and life-long healthy habits.